ROJoson PEP Talk
Patient Empowerment Program

Education for Health Development in the Philippines

January 3, 2026
1400H - 1500H
Via Zoom

HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

Empowerment objective - for laypeople to have an essential understanding of HOW TO MAKE HOLISTIC NEW YEAR RESOLUTIONS

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Welcome all!

MUTE yourself but always show your video picture.

Sign in your name, FB account, or email address in the Chat Box! Include names of companions attending.

Use the Chat Box to ask questions and make comments while the PEP TALK is on.

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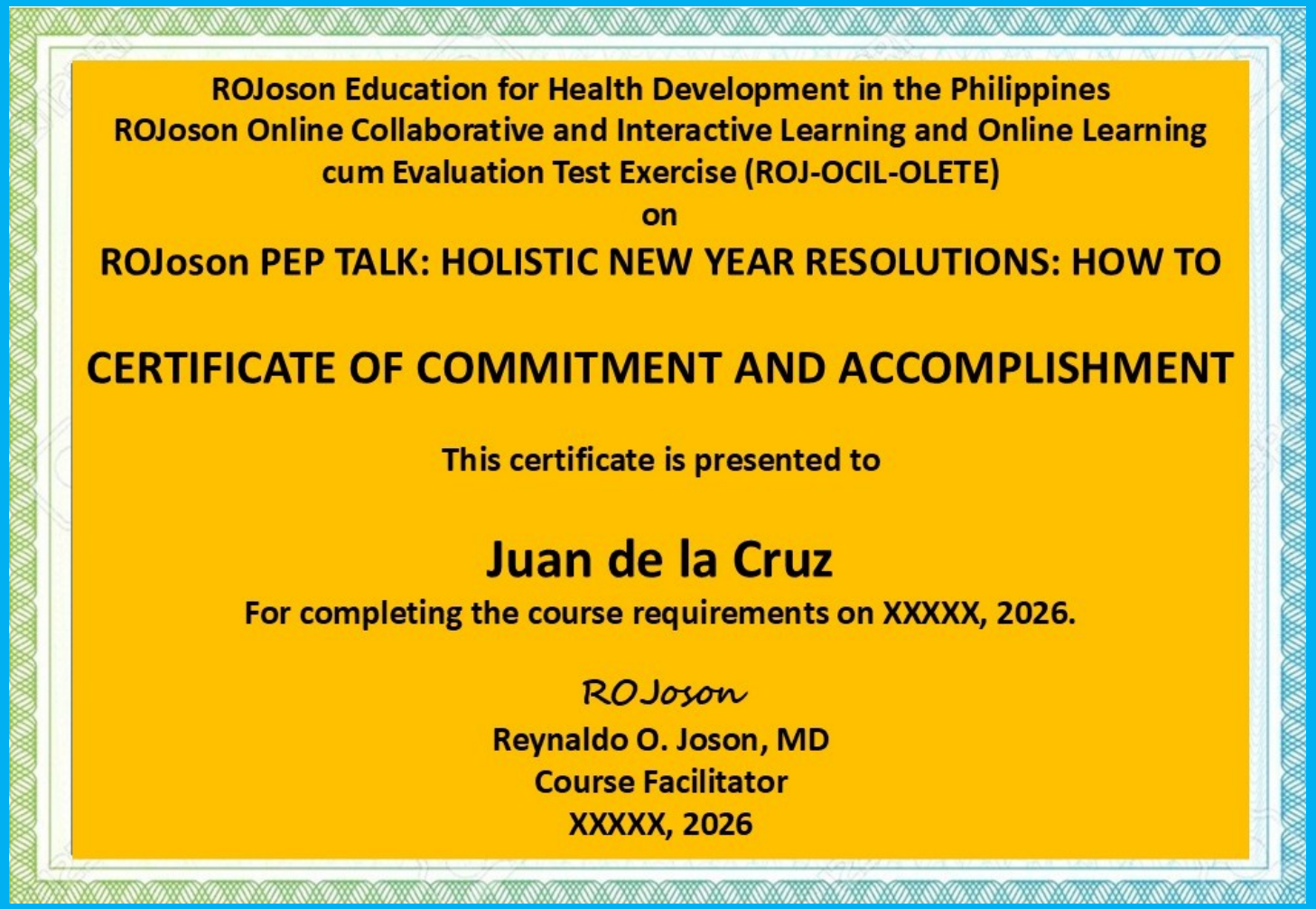

ROJoson Education for Health Development in the Philippines
ROJoson Online Collaborative and Interactive Learning and Online Learning cum Evaluation Test Exercise (ROJ-OCIL-OLETE)
on
ROJoson PEP TALK: HOLISTIC NEW YEAR RESOLUTIONS: HOW TO

CERTIFICATE OF COMMITMENT AND ACCOMPLISHMENT

This certificate is presented to

Juan de la Cruz

For completing the course requirements on XXXXX, 2026.

ROJoson
Reynaldo O. Joson, MD
Course Facilitator
XXXXX, 2026

Reminder after the PEP Talk:

Take the Online Learning cum Evaluation Test Exercise (OLETE) for mastery of learning and have a perfect score to get a Certificate like the one shown.

Link is in the Chat Box.

ROJoson PEP Talk
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ROJoson Medical Clinic

ROJoson Medical Consultation Voucher

This voucher entitles the holder to

one (1) free medical consultation

with Dr. Reynaldo O. Joson,
either telemedical consultation or face-to-face medical consultation.
Expiration Date:

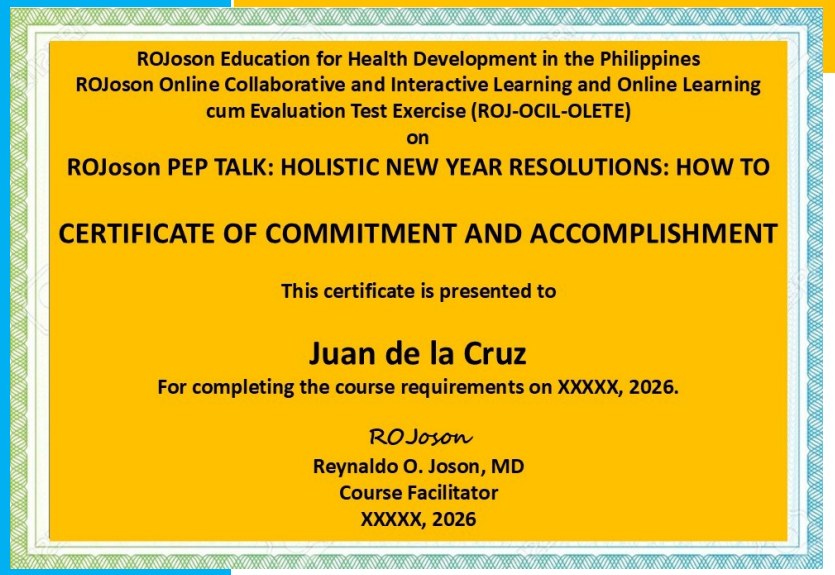
Name of person granted this voucher: _____

A motivating award in ROJoson – Patient Empowerment Program.
(25 OLETE Certificates = 1 Voucher)
Starting 2024

Reynaldo O. Joson, MD (sgd)

Voucher to be accomplished with name and signature of ROJoson to be official.

Reminder:
25 OLETE Certificates = 1 Voucher for ROJoson Medical Consultation either Face-to-Face or



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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

Empowerment objective - for laypeople to have an essential understanding of HOW TO MAKE HOLISTIC NEW YEAR RESOLUTIONS

ROJOSON'S REQUEST:

FEEDBACK TO THIS PEP TALK!

Pls. type in your feedback in the chat box during the open forum and before we adjourn!

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Empowerment objective - for laypeople to have an essential understanding of HOW TO MAKE HOLISTIC NEW YEAR RESOLUTIONS

LET'S NOW HAVE A GROUP PICTURE TAKING BEFORE WE START PEP TALK PROPER IN 2 MINUTES!

Pls. turn on your video! Show your face!

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Empowerment objective - for laypeople to have an essential understanding of HOW TO MAKE HOLISTIC NEW YEAR RESOLUTIONS

ROJoson PEP Talk

I have a Patient Empowerment Program in which I like to empower the lay people or patients to take control in

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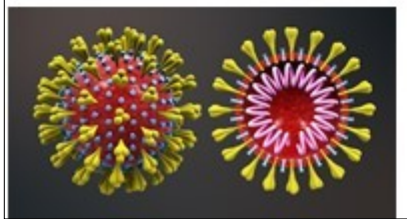
ROJoson Patient Empowerment Program

Health Disorders Courses

Health Issues Courses

Core Course

ROJoson PEP CORE Course
- Patient Empowerment Program
- Patient Management Process
- Rights in Patient Empowerment
- Staying Healthy and Contented



I started the PEP Talk on May 15, 2021 during the COVID19 Pandemic. There are 3 courses in the PEP Talk. I completed the Core Course on October 9, 2021.

ROJoson PEP TALK
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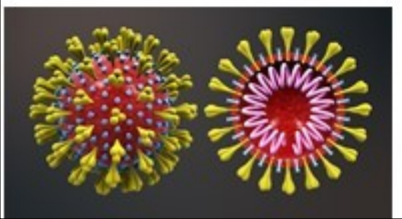
Health Disorders Courses

Sample Courses
- COVID19
- Cancer
- Breast Disorders
- Thyroid Disorders
- Skin and Soft Tissue Disorders

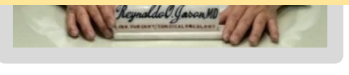
Core Course

Health Issues Courses

Sample Courses
- End-of-life Management
- Palliative Care
- Use of Supplements and Vitamins
- Patient-centered Care
- Unnecessary Operations
- Unnecessary Medications



From October 23, 2021 onwards, I have been tackling Health Disorder and Health Issue Courses.
May 17, 2025 marks the start of YEAR 5 of ROJoson PEP Talk.
How long the PEP Talk will last will depend on our <u>enthusiasm</u>, <u>discipline</u> and <u>perseverance</u>.



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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

Empowerment objective - for laypeople to have an essential understanding of HOW TO MAKE HOLISTIC NEW YEAR RESOLUTIONS

My PEP TALK today is entitled:

HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

Contents

- What are New Year Resolutions?
- What is the importance of making New Year Resolutions?
- What are holistic New Year Resolutions?
- What are the current pitfalls of most New Year Resolutions?
- What are ROJoson's recommendations on how to make HOLISTIC New Year Resolutions?

Disclaimer:

ROJoson PEP Talk contains ROJoson's Thoughts, Perceptions, Opinions and Recommendations (TPORs) culled from experiences of ROJoson and other

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are New Year Resolutions?

New Year Resolutions

A tradition commonly practiced worldwide (most do, some don't – not an offense though)

in which a person RESOLVES to continue or develop new good practices, change an undesired trait or behavior, accomplish a personal goal/s, etc. at the beginning of a calendar year.

Requirements of New Year Resolutions:

- **Continue or develop good life practices**
- **Change undesired life practices**
- **Set goals**
- **Start January 1 of New Year**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are New Year Resolutions?

New Year Resolutions

A tradition commonly practiced worldwide (most do, some don't – not an offense though)

a PROMISE to do something DIFFERENTLY in the new year or MAINTAIN good practices.

a PROMISE that you make to yourself to start doing something

Requirements of New Year Resolutions:

- **Continue or develop good life practices**
- **Change undesired life practices**
- **Set goals**
- **Start January 1 of New Year**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What is the importance of doing New Year Resolutions?

Basically, SELF-IMPROVEMENT

CONTINUOUS self-improvement in living a PURPOSEFUL AND MEANINGFUL life on earth

Requirements of New Year Resolutions:

- **Continuous self-improvement**
- **A plan to live a purposeful and meaningful life on earth**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What is the importance of doing New Year Resolutions?

As New Year Resolutions can be said to be "setting goals for the New Year," another importance is that they can provide CLARITY for goals and direction in one's life. They allow one to plan a course of definite actions for the future.

Requirements of New Year Resolutions:

- **There must be goal setting.**
- **Goals must be written down.**
- **Goals must be clear and as specific as possible.**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are holistic New Year Resolutions?

First, what is meant by “HOLISTIC”? HOLISTIC means relating to or concerned with wholes or with complete systems rather than with the individual parts.

- **dealing with or treating the whole of something or someone and not just a part.**
- **encompassing the whole of a thing, and not just the part.**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are holistic New Year Resolutions?

HOLISTIC New Year Resolutions

New Year Resolutions that are IN TOTALITY, ENCOMPASSING, COMPREHENSIVE.

Note: If there are so many resolutions,

one can PRIORITIZE (within the year, within so many years) but still they must be HOLISTIC.

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are the current pitfalls of most New Year Resolutions?

Most New Year Resolutions (from personal experience) are being done unsystematically, piecemeal, bit by bit, little by little, at random, no order, etc. and with no follow-through assessment and evaluation and continuous improvement.

Most New Year Resolutions being done at present are NOT IN TOTALITY, ENCOMPASSING and

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are the current pitfalls of most New Year Resolutions?
Sample of new year resolutions of a person:

- **Exercise more**
- **Lose weight**
- **Get organized**
- **Learn a new skill or hobby**
- **Live life to the fullest**
- **Save more money / spend less money**
- **Quit smoking**
- **Spend more time with family and friends**

Done unsystematically and piecemeal.

Don’t see the main reference or guiding theme of the resolutions!

All for improvement and no

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are the current pitfalls of most New Year Resolutions?

Sample of new year resolutions of a (another) person:

1. **Get active with a daily exercise routine.**
2. **Eat more fruits and veggies, and less processed food.**
3. **Learn a new skill or hobby this year.**
4. **Read a book every month.**
5. **Practice mindfulness through meditation.**

Done unsystematicall y and piecemeal.

Don’t see the main reference or guiding theme of the resolutions!

All for improvement and no

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are the current pitfalls of most New Year Resolutions?

Mostly done for oneself in mind.

Leaving out the interest of family members and significant loved ones.

Limited to some aspects of life practices and not the entire spectrum – examples, limited to some of physical health, mental health, spiritual health, time

Done unsystematicall y and piecemeal.

Don’t see the main reference or guiding theme of the resolutions!

All for improvement and no

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are ROJoson's recommendations on how to make HOLISTIC New Year Resolutions?

These contain my TPORs (Thoughts, Perceptions, Opinions and Recommendations).

Apology if I may be biased towards certain religion or spiritual practices and other practices.

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are ROJoson's recommendations on how to make HOLISTIC New Year Resolutions?

My recommendations for the HOLISTIC New Year Resolutions will be applicable to all ADULT people (18 years old in the Philippines) with a SOUND MIND (meaning, capable of understanding and of forming a rational judgment).

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are ROJoson's recommendations on how to make HOLISTIC New Year Resolutions?

Note: I prefer HOLISTIC rather than PIECEMEAL New Year Resolutions making.

HOLISTIC New Year Resolutions may be tedious in making particularly initially but in the long-run, it produces better outcomes as long as there is discipline and perseverance in implementation.

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are ROJoson's recommendations on how to make HOLISTIC New Year Resolutions?

To be IN TOTALITY, ENCOMPASSING and COMPREHENSIVE in making New Year Resolutions (which strictly speaking is a personal living plan with set goals of continually developing and improving one's personal life, mindset and practices), a New Year Resolutions starts with a formulation of a Holistic Intentional Living Plan at

The formulation of an Intentional Living Plan can start at 18 years old or thereafter.

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are ROJoson's recommendations on how to make HOLISTIC New Year Resolutions?

If one embarks seriously on a HOLISTIC NEW YEAR RESOLUTIONS project, it should start with a formulation of a HOLISTIC INTENTIONAL LIVING PLAN. (Note: Intentional living plan are also frequently done piecemeal. Again, I prefer HOLISTIC INTENTIONAL LIVING PLANS also.

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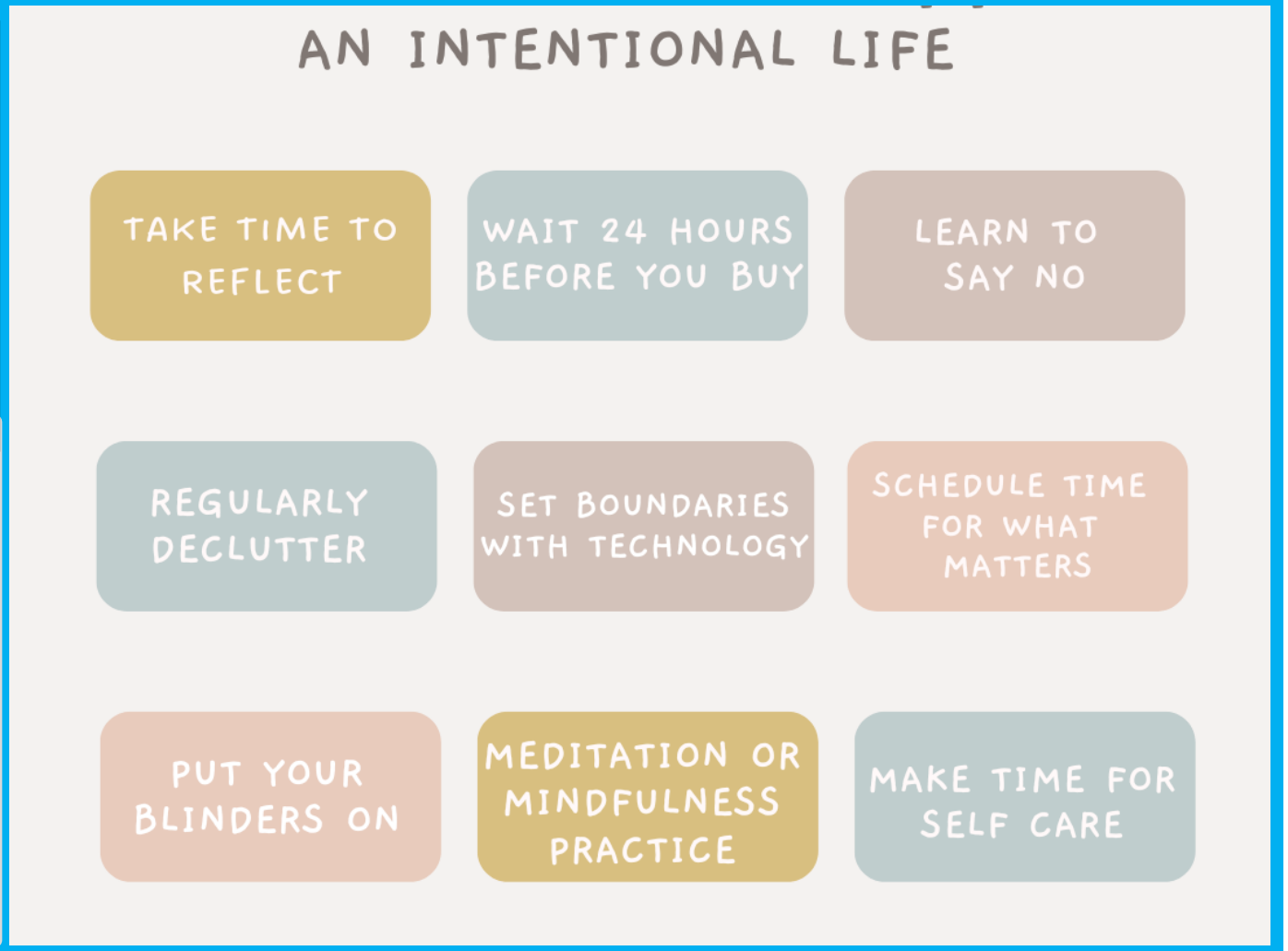
HOLISTIC NEW YEAR RESOLUTIONS – HOW TO


AN INTENTIONAL LIFE
TAKE TIME TO REFLECT
WAIT 24 HOURS BEFORE YOU BUY
LEARN TO SAY NO
REGULARLY DECLUTTER
SET BOUNDARIES WITH TECHNOLOGY
SCHEDULE TIME FOR WHAT MATTERS
PUT YOUR BLINDERS ON
MEDITATION OR MINDFULNESS PRACTICE
MAKE TIME FOR SELF CARE

Sample of piecemeal intentional living plan

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

- PLAN
- CLEAN & DECLUTTER
- MEAL PLAN AND PREP
- EXERCISE
- COMPANIONSHIP
- MEDITATE
- GRATITUDE

Sample of piecemeal intentional living plan

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

What are ROJoson's recommendations on how to make HOLISTIC New Year Resolutions?

Notes:
I prefer HOLISTIC rather than PIECEMEAL New Year Resolutions making.
I prefer HOLISTIC INTENTIONAL LIVING PLAN over PIECEMEAL INTENTIONAL LIVING PLAN.

- **HOLISTIC NEW YEAR RESOLUTIONS = HOLISTIC**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

HOLISTIC NEW YEAR RESOLUTIONS = HOLISTIC INTENTIONAL LIVING PLAN

- **Long-term or whole life-time plans**
- **IN TOTALITY, ENCOMPASSING and COMPREHENSIVE with set goals of continually developing and improving one's personal life, mindset and practices**

- **HOLISTIC NEW YEAR RESOLUTIONS = HOLISTIC INTENTIONAL LIVING PLAN**
- **HOLISTIC INTENTIONAL LIVING PLAN = HOLISTIC NEW YEAR RESOLUTIONS**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

HOLISTIC NEW YEAR RESOLUTIONS = HOLISTIC INTENTIONAL LIVING PLAN

- **May not be able to achieve set goals in the new year but eventually achieved in subsequent years or during a lifetime as long as there are discipline and perseverance**
- **May prioritize by YEAR but should not be totally left out – should at least be started in the YEAR**
- **Include maintenance of good practices achieved, year-in year-**

- **Long-term or whole life-time plans**
- **IN TOTALITY, ENCOMPASSING and COMPREHENSIVE with set goals of continually developing and improving one's personal life, mindset and practices**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

HOLISTIC NEW YEAR RESOLUTIONS = HOLISTIC INTENTIONAL LIVING PLAN

- **Long-term or whole life-time plans**
- **Can be started anytime, preferably at age 18**
- **Depends on when holistic intentional living plan is formulated (may be 18 yrs old – 40 yrs old – 65 yrs old – 70 yrs old – 75 yrs old – 90 yrs old – 100 yrs old – when with terminally-ill disease)**

NOTE: ELDERLY PEOPLE AND PERSONS WITH TERMINALLY-ILL DISEASES CAN STILL DO (ARE ADVISED TO DO) HOLISTIC NEW YEARS RESOLUTIONS AND INTENTIONAL LIVING PLANS IF THEY HAVE NOT DONE THEM BEFORE. THESE PROVIDE DIRECTIONS IN

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

HOLISTIC INTENTIONAL LIVING PLAN = HOLISTIC NEW YEAR RESOLUTIONS

<u>First step</u> in making a HOLISTIC INTENTIONAL LIVING PLAN:

SPELL OUT THE OVERALL DIRECTION / GOALS OF LIFE TO LIVE ON EARTH.

Acceptable Examples:
To have a purposeful and meaningful life on earth before death.

For the spiritual persons,

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

HOLISTIC INTENTIONAL LIVING PLAN = HOLISTIC NEW YEAR RESOLUTIONS

First step in making a HOLISTIC INTENTIONAL LIVING PLAN:

SPELL OUT THE OVERALL DIRECTION / GOALS OF LIFE TO LIVE ON EARTH.

Unacceptable Examples (as they are NOT HOLISTIC):

- **To enjoy life in this world.**
- **To be rich in this world.**
- **To be famous.**
- **To be the greatest person (in terms of a specific**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

HOLISTIC INTENTIONAL LIVING PLAN = HOLISTIC NEW YEAR RESOLUTIONS

<u>First step</u> in making a HOLISTIC INTENTIONAL LIVING PLAN:

SPELL OUT THE O F LIFE TO LIVE ON EARTI

ROJoson Recommendations:

Acceptable Examples:
To have a purposeful and meaningful life on earth before death.

For the spiritual persons,

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

HOLISTIC INTENTIONAL LIVING PLAN = HOLISTIC NEW YEAR RESOLUTIONS

<u>Second step</u> in making a HOLISTIC INTENTIONAL LIVING PLAN:

TRY TO ESTIMATE YOUR REMAINING LIFESPAN ON EARTH IF YOU CAN to guide your intentional living plan formulation.

- **Those with an existing specific disease, ask your physicians or Google (examples: 5-year or 10-year survival rates; median survival; etc.)**
- **Those who are elderly (60 and above based on PH**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

HOLISTIC INTENTIONAL LIVING PLAN = HOLISTIC NEW YEAR RESOLUTIONS

<u>Third step</u> in making a HOLISTIC INTENTIONAL LIVING PLAN:

MAKE A DETAILED HOLISTIC INTENTIONAL LIVING PLAN BASED ON YOUR OVERALL DIRECTION / GOALS AND ESTIMATED LIFESPAN.

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

ROJoson's operational definition of Intentional Living Plan:

Intentional Living Plan (ILP) is a plan you make targeting a certain number of years in which you write down things you intend or want to accomplish on your graduation day (last day of your targeted year) which will make you feel you have lived your life to the fullest; you have lived a meaningful life; and you are contented and ready to die a happy death. [Assumption and

This should be guided by your OVERALL DIRECTION / GOALS OF LIFE TO LIVE ON EARTH.

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DETAILED HOLISTIC INTENTIONAL LIVING PLAN BASED ON YOUR OVERALL DIRECTION / GOALS AND ESTIMATED LIFESPAN

GOALS FOR SELF WITH TIMELINES (General and specific goals with timelines – years set for achievement – years set for maintenance)

GOALS FOR LOVED ONES WITH TIMELINES
(General and specific goals with

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

GOALS FOR SELF WITH TIMELINES (General and specific goals with timelines – years set for achievement – years set for maintenance)

SPECIFIC AREAS:

For spiritual persons – may include:

TO LOVE AND SERVE GOD

Write the SPIRITUAL PLANS with timelines.

DETAILED HOLISTIC INTENTIONAL LIVING PLAN BASED ON YOUR OVERALL DIRECTION / GOALS AND ESTIMATED LIFESPAN

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

GOALS FOR SELF WITH TIMELINES (General and specific goals with timelines – years set for achievement – years set for maintenance)

SPECIFIC AREAS:

Identify the LEGACIES you want to leave behind or to accomplish before you die for your family and for your community.
Write the LEGACY PLANS with timelines.

DETAILED HOLISTIC INTENTIONAL LIVING PLAN BASED ON YOUR OVERALL DIRECTION / GOALS AND ESTIMATED LIFESPAN

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

GOALS FOR SELF WITH TIMELINES (General and specific goals with timelines – years set for achievement – years set for maintenance)

SPECIFIC AREAS:

- **HOW TO STAY ALIVE AND NOT CRIPPLED**
- **HOW TO BE PRODUCTIVE**
- **HOW TO HAVE PEACE OF MIND**
- **HOW TO BE CONTENTED**
- **HOW TO ENJOY LIFE**

May include other personal

DETAILED HOLISTIC INTENTIONAL LIVING PLAN BASED ON YOUR OVERALL DIRECTION / GOALS AND ESTIMATED LIFESPAN

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

GOALS FOR SELF WITH TIMELINES (General and specific goals with timelines – years set for achievement – years set for maintenance)

SPECIFIC AREAS:

- **HOW TO PREPARE FOR A HAPPY DEATH**

Write the HAPPY DEATH PLANS with timelines.

DETAILED HOLISTIC INTENTIONAL LIVING PLAN BASED ON YOUR OVERALL DIRECTION / GOALS AND ESTIMATED LIFESPAN

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

ROJoson's Recommended Contents of HOLISTIC INTENTIONAL LIVING PLAN BASED ON OVERALL DIRECTIONS / GOALS AND ESTIMATED LIFESPAN

GOALS FOR SELF WITH TIMELINES

- LOVE AND SERVE GOD (for spiritual persons)
- LEGACIES TO LEAVE BEHIND
- HOW TO STAY ALIVE AND NOT CRIPPLED
- HOW TO BE PRODUCTIVE
- HOW TO HAVE PEACE OF MIND

Containing general and specific goals with timelines – years set for achievement – years set for maintenance

Details (specific strategies and action plans) will be dependent on the person making the plans.

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

After making the first draft of the DETAILED HOLISTIC INTENTIONAL LIVING PLAN BASED ON YOUR OVERALL DIRECTION / GOALS AND ESTIMATED LIFESPAN which now constitutes the HOLISTIC NEW YEAR RESOLUTIONS,

- **Implement right away at start of the year**
- **keep track of the implementation during the year**
- **do year-end performance review**
- **continually improve on the plans (may refine them every year-end or new year)**
- **Identify causes of under- or non-achieved outcomes and continuously improve on them the next year until achieved**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

After making the first draft of the DETAILED HOLISTIC INTENTIONAL LIVING PLAN BASED ON YOUR OVERALL DIRECTION / GOALS AND ESTIMATED LIFESPAN whi
YEAR RESOLU

- **Implement r**
- **keep track c**
- **do year-end**
- **continually i every year-e**
- **Identify cau outcomes ar next year ur**

This constitutes a life-time work (implement and continuously do self-improvement) until you attain all your holistic goals so that at graduation day, you feel you have lived your life to the fullest; you have lived a meaningful life; and you are contented and ready to die a

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

HOLISTIC NEW YEAR RESOLUTIONS = HOLISTIC INTENTIONAL LIVING PLAN

- **Long-term or whole life-time plans**
- **IN TOTALITY, ENCOMPASSING and COMPREHENSIVE with set goals of continually developing and improving one's personal life, mindset and practices**

ROJoson's Recommendations

- **HOLISTIC NEW YEAR RESOLUTIONS = HOLISTIC INTENTIONAL LIVING PLAN**
- **HOLISTIC INTENTIONAL LIVING PLAN = HOLISTIC NEW YEAR RESOLUTIONS**

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Education for Health Development in the Philippines

HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

HOLISTIC NEW YEAR RESOLUTIONS = HOLISTIC INTENTIONAL LIVING

- **HOLISTIC NEW YEAR**
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  LAN
  NAL
  LAN
  IC
  R
  IONS

ROJoson's Recommendations on Template

I have been doing and implementing this template of HOLISTIC INTENTIONAL LIVING PLANS for my HOLISTIC NEW YEAR RESOLUTIONS since I was 45 y.o. (1994) up to present (75 – 2024) [30 years].

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ROJoson's Recommendations on Template

I am contented and happy with the outcome.

If I were to die today, and before my last breath, I can honestly say I have lived a purposeful life; have lived my life to the

- **HOLISTIC NEW YEAR**
- **IONS**
- **IC**
- **NAL**
- **LAN**
- **NAL**
- **LAN**
- **IC**
- **R**
- **IONS**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

ROJoson's Recommended Contents of HOLISTIC INTENTIONAL LIVING PLAN BASED ON OVERALL DIRECTIONS / GOALS AND ESTIMATED LIFESPAN

GOALS FOR SELF WITH TIMELINES

- LOVE AND SERVE GOD (for spiritual persons)
- LEGACIES TO LEAVE BEHIND
- HOW TO STAY ALIVE AND NOT CRIPPLED
- HOW TO BE PRODUCTIVE
- HOW TO HAVE PEACE OF MIND

I have these resolutions for so many years now and been implementing well:

Samples:

- Daily Catholic Mass
- Regular Confessions
- Holy Rosary
- Holy Hour
- Compassionate Humanitarian

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- **HOW TO BE PRODUCTIVE**
- **HOW TO HAVE PEACE OF MIND**

I have identified about 50 legacies which I will leave behind to my family and community.

Samples:

- **ROJoson PEP Talk**
- **Intentional Living Plan**
- **Patient-Centered Care Management**
- **Legacy as a**

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I am prepared for a HAPPY DEATH.

Samples:

- **Constantly in state of spiritual grace (mass, confession, compassionate humanitarian program)**
- **Bonding with family**
- **Completed my obligations to**

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I have these resolutions for so many years now and been implementing well:

Samples:

- Avoid accidents.
- Not to commit suicide.
- Control whatever diseases that I may have so as not to cause or promote death.
- Avoid stress

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I have these resolutions for so many years now and been implementing well:

Samples:

- Medical practice
- Medical / surgical education
- Blogging
- Family bonding
- Exercise-

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I have these resolutions for so many years now and been implementing well:

Samples:

- Always be at peace with God.
- Always be at peace with every other human being.
- Always be at

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- HOW TO STAY ALIVE AN[illegible] CRIPPLED
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- HOW TO HAVE PEACE OF MIND

I have these resolutions for so many years now and been implementing well:

Samples:

- Always be grateful to God's blessings

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I have these resolutions for so many years now and been implementing well:

Samples: Enjoying the different kinds of pleasures in life:

- **Sensual pleasure**
- **Ego pleasure**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

Contents

- What are New Year Resolutions?
- What is the importance of making New Year Resolutions?
- What are holistic New Year Resolutions?
- What are the current pitfalls of most New Year Resolutions?
- What are ROJoson's recommendations on how to make HOLISTIC New Year Resolutions?

Summary
Take Away

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

HOLISTIC NEW YEAR RESOLUTIONS = HOLISTIC INTENTIONAL LIVING PLAN

- **Long-term or whole life-time plans**
- **IN TOTALITY, ENCOMPASSING and COMPREHENSIVE with set goals of continually developing and improving one's personal life, mindset and practices**

ROJoson's Recommendations

- **HOLISTIC NEW YEAR RESOLUTIONS = HOLISTIC INTENTIONAL LIVING PLAN**
- **HOLISTIC INTENTIONAL LIVING PLAN = HOLISTIC NEW YEAR RESOLUTIONS**

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Containing general and specific goals with timelines – years set for achievement – years set for maintenance

Details (specific strategies and action plans) will be dependent on the person making the plans.

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

After making the first draft of the DETAILED HOLISTIC INTENTIONAL LIVING PLAN BASED ON YOUR OVERALL DIRECTION / GOALS AND ESTIMATED LIFESPAN which now constitutes the HOLISTIC NEW YEAR RESOLUTIONS,

- **Implement right away at start of the year**
- **keep track of the implementation during the year**
- **do year-end performance review**
- **continually improve on the plans (may refine them every year-end or new year)**
- **Identify causes of under- or non-achieved outcomes and continuously improve on them the next year until achieved**

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

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YEAR RESOLU

- **Implement r**
- **keep track c**
- **do year-end**
- **continually i every year-e**
- **Identify cau outcomes ar next year ur**

This constitutes a life-time work (implement and continuously do self-improvement) until you attain all your holistic goals so that at graduation day, you feel you have lived your life to the fullest; you have lived a meaningful life; and you are contented and ready to die a

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

Be always in touch with reliable medical information on HOW TO MAKE HOLISTIC NEW YEAR RESOLUTIONS

Knowledge is power; it gives power.

Use the 4Ks of Patient Empowerment:

Kaalaman, Kakayanan, Karapatan and Kapangyarihan to gain greater control over decisions / make better

Take Away in relation to Patient Empowerment

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HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

Empowerment objective - for laypeople to have an essential understanding of HOW TO MAKE HOLISTIC NEW YEAR RESOLUTIONS

This ends my PEP TALK today on:

HOLISTIC NEW YEAR RESOLUTIONS – HOW TO

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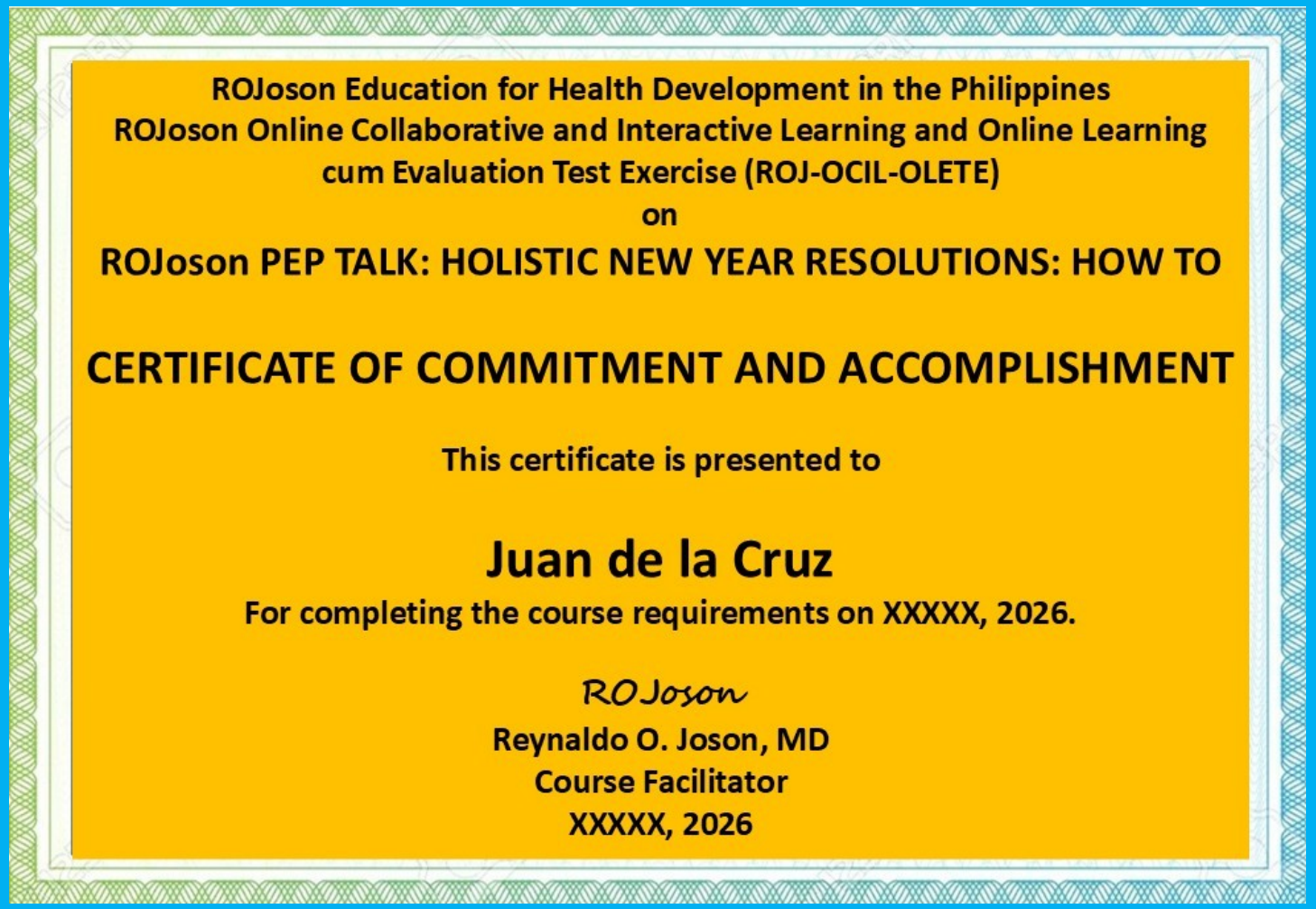

ROJoson Education for Health Development in the Philippines
ROJoson Online Collaborative and Interactive Learning and Online Learning cum Evaluation Test Exercise (ROJ-OCIL-OLETE)
on
ROJoson PEP TALK: HOLISTIC NEW YEAR RESOLUTIONS: HOW TO

CERTIFICATE OF COMMITMENT AND ACCOMPLISHMENT

This certificate is presented to

Juan de la Cruz

For completing the course requirements on XXXXX, 2026.

ROJoson
Reynaldo O. Joson, MD
Course Facilitator
XXXXX, 2026

Reminder after the PEP Talk:

Take the Online Learning cum Evaluation Test Exercise (OLETE) for mastery of learning and have a perfect score to get a Certificate like the one shown.

Link is in the Chat Box.

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ROJoson Medical Clinic

ROJoson Medical Consultation Voucher

This voucher entitles the holder to

one (1) free medical consultation

with Dr. Reynaldo O. Joson,
either telemedical consultation or face-to-face medical consultation.
Expiration Date:

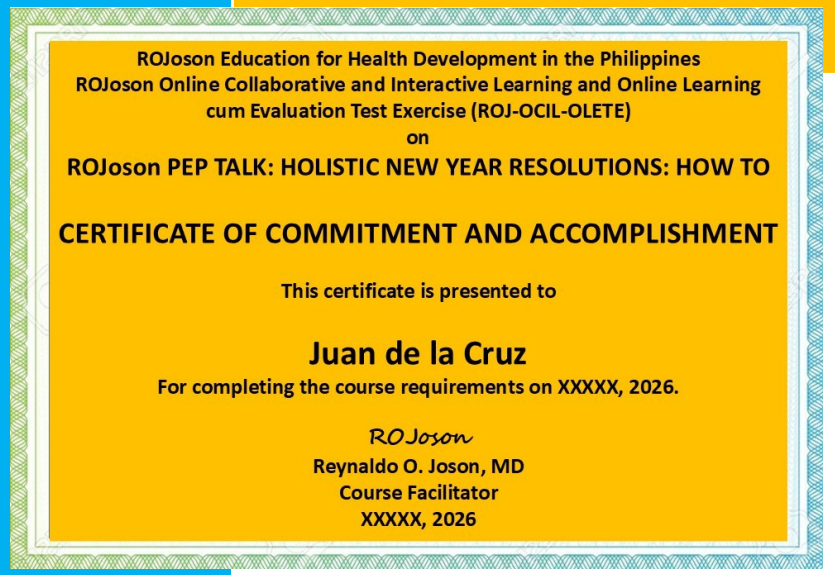
Name of person granted this voucher: _____

A motivating award in ROJoson – Patient Empowerment Program.
(25 OLETE Certificates = 1 Voucher)
Starting 2024

Reynaldo O. Joson, MD (sgd)

Voucher to be accomplished with name and signature of ROJoson to be official.

Reminder:
25 OLETE Certificates = 1 Voucher for ROJoson Medical Consultation either Face-to-Face or



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Empowerment objective - for laypeople to have an essential understanding of HOW TO MAKE HOLISTIC NEW YEAR RESOLUTIONS

ROJOSON'S REQUEST:

FEEDBACK TO THIS PEP TALK!

Pls. type in your feedback in the chat box during the open forum and before we adjourn!

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LET'S NOW HAVE A GROUP PICTURE TAKING BEFORE WE START Q&A AND INTERACTIONS!

Pls. turn on your video! Show your face!